



The Complete Ketogenic Diet for Beginners: Your Essential Guide to Living the Keto Lifestyle

keto cookbook for beginners! Featuring 75 recipes and a 14-day meal plan, this book is a simple, friendly way to start the ketogenic diet and lifestyle.

Getting started with the keto diet can be overwhelming—so much to learn, and so many resources to choose from! *The Complete Ketogenic Diet for Beginners* makes it easy to stick with the ketogenic diet. You get exactly what you need for surprisingly simple keto: meal plans, shopping lists, support, and lots of keto recipes, whether you're trying to lose weight, or just working on being healthy. What sets this ketogenic cookbook apart from other keto books for beginners:

What's inside?

Discover Amy Ramos' beginner-friendly guide to the ketogenic diet, featuring easy meal plans, shopping lists, and delicious recipes for a healthy, hassle-free lifestyle change.



THE BIG PICTURE: This ketogenic diet book offers an overview of the ketogenic diet and handy charts illustrating nutritional information to help you master keto cooking in no time

75 TASTY RECIPES: From Bacon-Artichoke Omelets to Pesto Zucchini Noodles, these easy-to-follow keto recipes can be prepared in 30 minutes or less.

A 14-DAY MEAL PLAN: With breakfast, lunch, dinner, and snack suggestions, this book takes the guesswork out of starting your ketogenic diet by offering endless recipes to eat.

Easy meets delicious meets healthy in this complete ketogenic diet book. Start eating keto today.

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